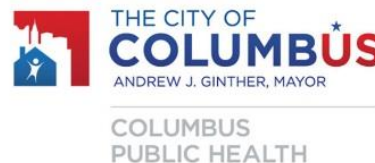


A photograph of a baby being held by a man, with the text 'Happy Dads. Healthy Babies.' overlaid in white.

Happy Dads. Healthy Babies.

Infant Vitality Toolkit

Men's Role in Pre-Birth Care

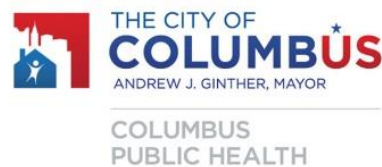


Agenda

- Test Your Knowledge – Pre-Test
- What is prenatal care?
- Why is prenatal care important?
- How often should mom see her doctor during pregnancy?
- Ways Fathers-to-Be Can Help
- Test Your Knowledge – Post-Test



Pre-Test



Question 1

True or False: Early, regular prenatal care (i.e., the health care a woman gets when she's pregnant) is important for the health of mom and baby.

A. True

B. False

Question 2

True or False: To help develop a bond with the mother of your child during pregnancy, it is important to communicate: tell her how you feel and ask her how she feels, too.

A. True

B. False

Question 3

True or False: If mom is comfortable, dad should go with the mother-to-be to her prenatal care appointments to see how the baby is growing.

A. True

B. False

Question 4

Which of the following are ways men can help the mother-to-be during pregnancy?

- A. Be positive, supportive, and mom's source of peace, creating a safe and peaceful environment
- B. Create a substance-free environment by removing alcohol, tobacco, and/or other drugs from the home
- C. Attend a fatherhood program to learn more about parenting and to build positive relationships with other dads
- D. All of the above

What is prenatal care?

According to the Office on Women's Health, prenatal care is the health care a woman gets while she is pregnant. Take care of mom and your baby by:

- **Getting early prenatal care.** If your partner is pregnant, or think she might be, encourage her to call an OB/GYN doctor to schedule a visit.
- **Getting regular prenatal care.** Your child's mother will be scheduled for many checkups over the course of the pregnancy. Help her avoid missing appointments.
- **Helping her follow the doctor's advice.**

Why is prenatal care important?

Prenatal care can help keep mom and baby healthy during pregnancy

- Babies of moms who don't get prenatal care are:
 - 3x **more** likely to have a low birth weight
 - 5x **more** likely to die before their first birthday than those born to mothers who do get care
- Doctors can spot health problems early when they see mothers regularly. This allows doctors to treat them early.

How often should mom see her doctor during pregnancy?

- Most pregnancies last for 40 weeks. Many experts suggest mom sees her doctor:
 - **Once** per month for weeks 4-28
 - **Twice** per month for weeks 28-36
 - **Weekly** for weeks 36-birth
- If mom is older than age 35 or the pregnancy is high-risk, she'll probably see her doctor more often.

10 Ways Father-to-Be Can Help

1. Sign your baby's paternity affidavit.
2. Encourage the mother-to-be to breastfeed your child.
3. Create a smoke-free environment.
4. Avoid or limit drug or alcohol use.
5. Create a safe and peaceful environment.
6. Go with the mother-to-be to all medical appointments.
7. Be positive and offer support.
8. Attend the ultrasound and get a picture of your baby!
9. Encourage the mother-to-be to have three nutritious meals per day and healthy snacks too!
10. Attend a fatherhood program.

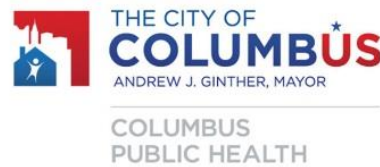
Source: The Ohio Commission on Fatherhood(2018), *Ways Fathers-to-Be Can Help*, <http://fatherhood.ohio.gov/Portals/0/10%20ways%20fathers-to-be%20can%20help.pdf> .



QUESTIONS



Post-Test



Question 1

True or False: Early, regular prenatal care (i.e., the health care a woman gets when she's pregnant) is important for the health of mom and baby.

A. True

B. False

Question 2

True or False: To help develop a bond with the mother of your child during pregnancy, it is important to communicate: tell her how you feel and ask her how she feels, too.

A. True

B. False

Question 3

True or False: If mom is comfortable, dad should go with the mother-to-be to her prenatal care appointments to see how the baby is growing.

A. True

B. False

Question 4

Which of the following are ways men can help the mother-to-be during pregnancy?

- A. Be positive, supportive, and mom's source of peace, creating a safe and peaceful environment
- B. Create a substance-free environment by removing alcohol, tobacco, and/or other drugs from the home
- C. Attend a fatherhood program to learn more about parenting and to build positive relationships with other dads
- D. All of the above

Additional Information

- The Office on Women's Health (2018), *Prenatal Care*, <https://www.womenshealth.gov/a-z-topics/prenatal-care>,
- The Ohio Commission on Fatherhood (2018), *Ways Fathers-to-Be Can Help*, <http://fatherhood.ohio.gov/Portals/0/10%20ways%20fathers-to-be%20can%20help.pdf>

Local Resource: StepOne

Connects women with timely, affordable, and convenient prenatal care, and resources for a healthy pregnancy.

- Insurance / Medicaid Enrollment
- Appointments
- Transportation
- Home Visiting

Call (614) 721-0009

A vertical poster for StepOne, a prenatal care resource. The top section has a green background with the text "Are you pregnant and need to find a doctor?" in white, with a large white question mark. Below this, on a white background, is a photograph of a pregnant woman's belly being touched by two hands. Text on the poster includes: "Seeing a doctor early in pregnancy increases the chances of delivering a healthy baby and supports women's health."; "STEPONE is here to connect women with affordable, timely and convenient prenatal care, and resources for a healthy pregnancy."; three circular icons (a green one with a magnifying glass, a blue one with a house, and an orange one with a heart); "Take your first step to delivering a healthy baby."; the StepOne logo; "For a Healthy Pregnancy"; "Call 614-721-0009 or visit celebrateone.info/StepOne"; and at the bottom, the "ONE" logo and operating hours: "Hours: Monday and Friday - 9:00am-5:00pm, Tuesday, Wednesday, Thursday - 9:00am-7:00pm".

Are you pregnant and need to find a doctor?

Seeing a doctor early in pregnancy increases the chances of delivering a healthy baby and supports women's health.

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STEPONE
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ONE
Hours:
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Local Resource: Dads2B

- Turnkey Development Institute –
Dads2B Program

<https://www.turnkeydvi.org/>

